The benefits of using XM Satellite Traffic and weather is that you don't have to wait 10 minutes or more on the hour for updates to traffic. XM radio expands the traffic even more than radio by taking the time do not only do the major interstaes or roads but they take the traffic down to the neighborhood streets. I spend over 2 hours aday on the road and since getting XM radio, have enjoyed knowing where the troublespots are and ways of getting past them.